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Food and Home Notes

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If you have doubts as to how well a fruit or vegetable will freeze, it would be well to test it before freezing large quantities according to U.S. Department of Agriculture home economists. To test, freeze three or four packages and sample the food after freezing.

* *

Almost any type of cooked meat, stew, ragout, or goulash -- beef, lamb, pork or veal -- can be frozen.

* *

Most vegetables used in these combination foods, such as peas, carrots, celery, or onions, also freeze well.

* *

Add a rich, flaky pastry topping to a good meat and vegetable stew, and you have a delicious meat pie.

* *

Cooked dry beans freeze especially well. Because freezing softens beans somewhat, cook them until barely tender for the best quality frozen product.

FOOD

AWAY

FROM

HOME



-----Between 1972 and 1975, expenditures for food away from home, which had been growing faster than retail store products, rose at a slower rate than grocery store expenditures.

-----In 1976 -- expenditures for away-from-home food probably rose by a larger percentage than foodstore purchases because of a substantially larger increase in restaurant meal prices than in grocery store prices.

-----From 1972 to 1975, prices of meals eaten away from home increased at a slower rate than grocery store prices.

-----Eating places may have been reluctant to raise prices, even though costs were rising, because of the higher elasticity of demand for restaurant meals and the possibility of loss of sales when prices go up.

AGRICULTURAL CHARTS

CHANGES IN VEGETABLE CONSUMPTION PER CAPITA BETWEEN 1970 AND 1976 *

TOTAL LB. 1976

102.4 FRESH

4%

102.4 CANNED

9%

20.5 FROZEN

NO CHANGE

225.3 TOTAL

6%

* FRESH WEIGHT BASIS; EXCLUDES POTATOES, SWEET POTATOES AND MELONS. DEHYDRATED ONIONS INCLUDED IN FRESH.

USDA

NEG. ERS 634-77 (7)

CHANGES IN FRESH VEGETABLE CONSUMPTION PER CAPITA BETWEEN 1970 AND 1976

TOTAL LB. 1976

8.1 SWEET CORN

12%

24.3 LETTUCE^Δ

6%

12.7 TOMATOES

4%

6.7 CARROTS

2%

8.8 CABBAGE

1%

12.5 ONIONS *

NO CHANGE

^Δ INCLUDES ESCAROLE.

* INCLUDES ABOUT 2 LB. OF DEHYDRATED ONIONS.

USDA

NEG. ERS 8866-77 (7)

HOUSEHOLD ENERGY

...AND COSTS

Between 1970 and 1974, prices of electricity, natural gas, fuel oil and LP (liquified petroleum) gas used in households increased on the average of 65 percent according to a U.S. Department of Agriculture Economic Research Service and study. This survey was part of the National Study of the Consumer's Food Related Behavior, Attitudes and Motives. It was determined that three-fourths of the respondents indicated that higher energy prices had resulted in some type of energy reduction in their households.

Slightly over half of the households used less lighting and heating energy in '75 compared to '74. About 21 percent reduced the use of their air conditioner during the warmer months...but only 91 percent indicated that they curtailed the use of energy-using household recreational items such as TV sets, radios and stereos.

...in the laundry

Higher energy prices also affected household laundry activities: 16 percent of all households reduced the use of the dryer (two-fifths of those households with dryers). Temperature settings on hot water heaters were reduced by 14 percent of all households.

In the kitchen.....17 percent indicated they reduced the use of their ovens and one-third of the households with dishwashers reduced the use of this appliance. Fortunately, the temperature settings on refrigerators were seldom adjusted. (An earlier USDA study found that one-third of the households with refrigerators had temperatures at 45° which can lower food quality and might increase the incidence of food poisoning from bacterial contaminations). Few households discontinued the use of freezers or raised their temperature setting.

(Con't. page 4)

HOUSEHOLD ENERGY (CON'T)

The oven was more often used for several foods to be cooked at the same time and more foods were purchased in precooked or fresh foods that needed little or no baking. Research economists Richard Smith of the U.S. Department of Agriculture's Economic Research Service reported that there was also some substitution in using speciality cooking appliances in preference to the oven.

Most energy adjustments were made in the higher income households -- over \$15,000. Eighty-eight percent of these households made some energy adjustments.

Age was also a factor to consider from the interviews as fewer persons over 65 years of age made "energy adjustments" as compared to younger persons. The older lifestyles -- being in the home more hours than younger people -- reflect a greater need for heat, light and appliances.

Education was also a determining factor in this survey because as the educational level increased the demands for energy were less... or at least the adjustments were made to use less energy.

In looking ahead the consumers were asked what additional energy saving plans they would make if the price of energy went up by 25 percent. The use of heating and lighting would be reduced first, they said. Households generally would not consider the amount of energy used by an appliance before purchasing a new one.

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